

Golden West College Criminal Justice Training Center



PRE-ACADEMY PHYSICAL FITNESS COURSE **SPRING 2006**

Be Prepared Before the Police Academy Begins!

The Pre-Academy Physical Fitness Course will provide you with the following:

- The training necessary to prepare you for the physical demands of the police academy, including the P.O.S.T. Physical Agility Test
- A structured diet, incorporating proper nutrition & weight control
- A workout regiment that will improve your overall physical fitness and help prepare you for the rigors of the police academy, utilizing callisthenic, weight room and cardiovascular conditioning methods
- Information on injury prevention, stress management & target heart range
- A review of what is expected of you as a police recruit, including basic police academy protocol, policies and procedures to increase your overall success rate while in the police academy

Class Times:	January 31 - March 11, 2006 Tues & Thurs, 6:00pm - 7:30pm and Saturdays, 8:00am - 9:30am March 14 - April 22, 2006 Tues & Thurs, 6:00pm - 7:30pm and Saturdays, 8:00am - 9:30am
Location:	Golden West College, Criminal Justice Training Center Huntington Beach
Course Fee:	\$26 per unit 1.5 units
Ticket #:	4130 CJ 054-1 (A-D) (Spring Semester) 4131 CJ 054-1 (A-D) (Spring Semester)
Uniforms:	Conservative Athletic Attire & High Quality Running Shoes
Contact:	Register online at www.gwc.info